



MAY 2021

THE CENTER POST

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MEMBERSHIPS & REOPENING

Since the sudden closure of the Benjamin Gaither Center on March 13, 2020 by Executive Order, memberships have been on pause, meaning you have not lost one day of your remaining membership while the Center has been closed. Beginning May 1, 2021, we will be restarting all but the Fitness Center memberships. If you would like to restart your Fitness Center membership using the Bohrer Park Fitness Center, please let us know.

While the State of Maryland has authorized Senior Centers to reopen at the end of April, local jurisdictions may enact more strict guidelines. We are currently awaiting information from the Montgomery County Health Department about the requirements to reopen here and will keep you informed as details become available.

We are offering in person activities at Bohrer Park. When you are ready, please join us for walking, Bingo, Crochet/Embroidery Group, Book Club, Thursday Lunches at the Park Pavilion, and Social Symposium. We will continue to add more in person activities as the weather improves and COVID incidences drop. Please let us know if you have any ideas for fun, socially distanced in person

activities. Note: masks must be worn in all City of Gaithersburg facilities and the social distance requirements of 6 feet are still in place. If you have any questions or concerns, please email Charlyn.Simpson@gaitHERSBURGM.D.GOV or call 301.25.6380 and leave a message. We will call you back. Thank you for supporting us throughout this pandemic. We can't wait to see you!

IN PERSON ACTIVITIES

The following activities will meet at the Activity Center at Bohrer Park, 506 S Frederick Ave, Gaithersburg, 20877. Face masks are required.

Walking Group

Wednesdays at 9 AM, Fridays at 2:30 PM

Bingo – Mondays at 2 PM

Crochet/Embroidery

Wednesdays, May 12 & 26 at 1 PM

Book Club – Thursday, May 13 at 2 PM

Lunch at the Park Pavilion

Thursdays at Noon (Bring your own lunch)

Social Symposium

Tuesdays at 1 PM

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TUESDAYS & FRIDAYS AT 1 PM

SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 p.m.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week. The links are e-mailed out every week, or you can call in and participate on your phone.

THURSDAY, MAY 13 AT 2 PM

BOOK CLUB

Join Marisa Young as she leads a thoughtful discussion about the book of the month. The group will meet the second Thursday of the month at 2 p.m. via Zoom. You can also call in.

May's Book:

"Maggie Smith: A Biography"
by Michael Coveney

June's Book:

"The Rooster Bar"
by John Grisham

MONDAY - FRIDAY, MAY 3 - MAY 28

VIRTUAL EXERCISE CLASSES

Take one class or take them all! Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price, plus you can make reservations for Water Walking at the Gaithersburg Aquatic Center.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

FRIDAYS AT 2:30 PM

MOVIE WATCH PARTY

Join the BGC staff virtually for a movie each Friday that is hand selected by Robert.

MONDAY, MAY 10, 1 - 2 PM

LET'S TALK BLOOD PRESSURE! - LUNCH & LEARN SERIES

Presented by Adventist Health-Care. Join us as we discuss what blood pressure numbers mean, the effects of high blood pressure on the body, risk and lifestyle factors. The Zoom link will be e-mailed in the weekly e-newsletter.

TUESDAY, MAY 11, 1 - 2 PM

STROKE, FROM A - Z

Presented by Adventist Health-Care. Join us for a presentation and discussion on strokes. We will explore different kinds of strokes, their warning signs, and

how to prevent them. The Zoom link will be e-mailed in the weekly e-newsletter.

WEDNESDAY, MAY 19, 1 PM

SENIORITA SUNSHINE PERFORMANCE & FOOD DRIVE

Join us at the Park Pavilion at Bohrer Park for a lively performance by Seniorita Sunshine! Like her name, Seniorita Sunshine spreads light and joy with her upbeat performances and bubbly personality. She's sure to put a smile on your face while you visit with some friends. This event is free; donations of nonperishable food to support a local food bank would be greatly appreciated. We will be collecting in the parking lot above the Park Pavilion.

VIRTUAL PROGRAMS

Did you know that you can call in from your telephone to participate in our Virtual Groups? Besides the Social Symposium and the BGC Social Hour, we also offer Coping with Change, Brain Games, Improving Communication, and Dealing with Stress and Anxiety During the Pandemic. Call the BGC at 301.258.6380 to get the telephone passwords to participate.

If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website. If you need any help signing up for programs, reach out to us at the BGC at 301.258.6380 or BenjaminGaitherCenter@gaitthersburgmd.gov.

We check messages and e-mails daily.